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## UNO Website: HPER Wellness

UNO Department of Health, Physical Education, & Recreation University of Nebraska at Omaha

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Emotional • Environmental • Financial • Intellectual • Occupational • Physical • Social • Spiritual

## Wellness

The Wellness Subdivision staff, programs, services, and facilities are recognized locally, regionally, and nationally as leaders in providing health services, counseling services, and recreational services.

### Additional Resources

[Programs & Services Guide](#)  
[Student Safety](#)  
[UNO Recovery Community](#)  
[Group Exercise](#)  
[Massage](#)

## Striving For A Healthy UNO

The vision of the Wellness Subdivision is to be a catalyst in making UNO the healthiest campus it can be through collaboration with faculty, staff, students, and the Omaha community by providing desirable wellness programs and services.



Shop Online

Register and pay online at [shopwellness.unomaha.edu](#).

### Campus Recreation

Campus Recreation enhances quality of life through fun and diverse recreational and leisure opportunities.

### Counseling and Psychological Services (CAPS)

CAPS helps create a vibrant, safe community where mental health and academic life flourish.

### Health Services

Health Services offers on-campus

### Wellness Services Offered

health care such as doctor visits, immunizations, and insurance.

A snapshot of the services offered through the wellness subdivision.

## Health and Wellness Programs

Health and wellness programming including wellness on wheels, brown bag lunches, and more.

## Wellness Wall of Fame

Nominate UNO individuals who have made a significant change in their lives or are role models for healthy living.



## Contact Us

Wellness Center

Health, Physical Education, & Recreation (HPER) 104  
402.554.2539

6001 Dodge Street  
104 HPER  
Omaha, NE 68182

### NEXT STEPS

Apply for Admission  
Visit the Campus  
The UNO Advantage  
Request Information

### JUST FOR YOU

Future Students  
Current Students  
Work at UNO  
Faculty & Staff

### RESOURCES

my.unomaha.edu  
Calendars  
Campus Map  
Library  
Course Catalog  
Pay Your Bill

### AFFILIATES

Nebraska System  
Peter Kiewit Institute  
Campaign for Nebraska

### CONNECT

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